



100 Calorie Packs

100 calorie serving:		grams per serving:
15 stalks celery		600
9 oz light nonfat yogurt		255
2 cups carrots		244
1.6 oranges		209
1.5 apples		207
1 cup grapes		151
1 banana		118
1/2 donut		42
1/2 blueberry muffin		36
1/3 chocolate chip bagel		33
2 fig cookies		31
1.75 graham crackers		23
3/4 oz crackers		22
2 chocolate cookies		22
.75 oz potato chips		21

To consume 100 calories of celery, you would have to eat over 1 pound or 21 ounces to be exact. But if you chose potato chips, you would get a measly 12 chips or about 3/4 ounce chips for the same 100 calories.

While the 100 calorie packs of high-calorie foods are good for portion control and portion awareness, perhaps choosing these snacks often, instead of better choices like fruits and vegetables, may not be the best bet.

A healthful snack should provide more of the things you need like fiber, nutrients and satiety and less of the things most individuals don't need like sugar, fat, salt and high calorie density. Which is more easy to eat in one sitting - 21 ounces of celery or 12 potato chips?

Chances are, if a food needs to be packaged in a 100-calorie serving, it might not be the best choice for an all-the-time snack.

Our chart above shows you the quantity of each food if you choose to eat just 100 calories. The foods at the top, like celery, nonfat light yogurt, carrots, oranges, apples, grapes and bananas are the best choices because you get to eat more. They also have more fiber, nutrients and moisture content. And less fat, sugar salt and sodium. They are generally much lower in cost per ounce, too.

Better still, the foods at the top count towards important servings of fruits, vegetables and nonfat dairy as recommended by MyPyramid and the Dietary Guidelines for Americans. For more information, see *MyPyramid.gov*.